

# Sport and Fitness Activity Programme

## Lightwaves Leisure Centre

01924 302315 E- mail: [lightwaveslc@wakefield.gov.uk](mailto:lightwaveslc@wakefield.gov.uk)

Instructor Led Fitness Class	Prime Timers Over 50's	Organised Sessions	Clubs	Casual / free for bookings	Space also available for	Childrens Classes	Community Sports Coach
Adult instructor led classes are aimed at all abilities. Classes include Bowflex, Circuit and general fitness classes and offer	Prime Timers sessions are aimed at over 50s. Staff will be on hand to take sessions and offer	these sessions are organised by external groups / societies.	Clubs that run organised sessions. Ask at reception about how to join and prices for sessions	Bookable spaces for activities including 5 a side, Basketball, Netball, Indoor Hockey, Badminton, Short Tennis, Volleyball and Cricket Nets	Competitions, Dances, Displays, Concerts, Meetings, Training Events, Seminars, Functions, Private Parties and Special Events	Ask at reception for more details and prices.	Exciting sessions run by Wakefield Council Community Sports Coaches for young people from 6 to 16+ years old.



	MORNING												AFTERNOON												EVENING																																															
	07:30	07:45	08:00	08:15	08:30	08:45	09:00	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00													
Sports Hall	9am - 5pm Casual																								5.30 - 6.20pm Zumba						6-7pm Community Sports Coach						7-8pm Badminton						8-10pm Casual																													
Activity Room	9-10am casual						10.00-11.00 50+ Keepfit						11am-12.15pm Casual						12.10-1pm Boxercise						1-6.15pm Casual												Set up						6.30-7.30pm Circuits						7.45-8.45pm Mixed Martial Arts						8.30-10pm Casual																	
Multi Purpose Room	9-10am Casual																								10-12.15 Next Generation																								12.15-10pm Casual																							
Aspire Fitness Suite	8am-9pm Aspire Fitness Suite																																																																							
Sports Hall	9-10am Casual						10-12pm 5 A Side						12-1pm Casual						1-2pm 5 A Side						4-5pm All Stars						5-6pm Casual						6-7pm Community Sports Coach						7-8pm Keepfit/Stamina						8-9pm 5 A Side						9-10pm Casual																	
Activity Room	9am-12pm Casual												12-1pm Set Up						1-2pm Circuit/Low Impact						2-6pm Casual												6-7pm Step Aerobics						7-8.45pm Yoga Mind & Body						9-10pm Casual																							
Multi Purpose Room	9am-12pm Casual																								12-12.30pm Kickstart Clinic						12.30-5.00pm Casual												5-6pm Dance Development						6-10pm Casual																							
Aspire Fitness Suite	8am-9pm Aspire Fitness Suite																																																																							
Sports Hall	9-11am Casual						11-12am Prime Timers						1.15-2.15pm 5 A Side						2.15-4pm Casual						4-5.15pm Next Gen Roller skating / All Stars						5.15-7pm Next Gen 5 A Side						7-8pm Zumba						8-10pm Casual																													
Activity Room	9-10am casual						10-11am 50+ Keepfit						11am-12pm casual						12-1pm Prime Timers/Pilates						1-5.30pm Casual												5.30-6.30pm Boxercise						6.30-7.30pm Boxercise						8-9.30pm Taekwondo																							
Multi Purpose Room	9-10.30am Casual																								10.30am-2pm Prime Timers																								2-10pm Casual																							
Aspire Fitness Suite	8am-9pm Aspire Fitness Suite																																																																							
Sports Hall	9am-1pm Casual												1-2pm 5 A Side						2-6pm Casual						4-5pm Connect 3						5-6pm Casual						6-7pm 5 A Side						7-8pm 5 A Side						8-9pm Badminton						9-10pm 5 A Side																	
Activity Room	9am-12.15pm Casual												12.10-1pm Boxercise						1-4.30pm Table Tennis												4.30-5.30pm Casual						5.30-6.20pm Zumba						6.30-7.30pm Circuits						7.30-8.30pm Circuits						8.30-9.45pm Aikido																	
Multi Purpose Room	9-10.45am Casual						11am-12.30pm Yoga						1-2.45pm Next Generation												2.45-10pm Casual																																															
Aspire Fitness Suite	8am-9pm Aspire Fitness Suite																																																																							
Sports Hall	9-10am casual						10am-2pm Prime Timers												4-5pm Community Sports Coach						5-6pm 5 A Side						6-7pm Next Gen						7-10pm Casual																																			
Activity Room	9-10am casual						10-11am 50+ Keepfit						11am-12.30pm Casual						12-1pm Set Up						1-2pm Circuits/ Low Impact						4-6pm Dance Development												6-8pm Aikido: Juniors						8-10pm Aikido: Adults																							
Multi Purpose Room	9am-12pm Casual																								12.45-5pm Casual												5.30-6pm Kickstart Clinic						6-10pm Casual																													
Aspire Fitness Suite	8am-8pm Aspire Fitness Suite																																																																							
Sports Hall	9am-1.15pm Casual												1.15-2.15pm Next Gen						2.15-4pm Next Generation						4-5pm Casual						5-6pm 5 A Side						Please note our programme is subject to change. For the most up to date information please contact the centre reception on the telephone number at the top of this timetable.																																			
Activity Room	9-10.30am Tae Kwon Do						10.30-12pm Casual						12-2pm Sport 4 You																																																											
Multi Purpose Room	9am-6pm Casual																																																																							
Aspire Fitness Suite	9am-4pm Aspire Fitness Suite																																																																							
Sports Hall	9-11am Casual						11am-12pm 5 A Side						12-2pm Casual						4-4.30pm Set Up												4.30-5.30pm Boxercise																																									
Activity Room	9-10am casual						10-11.30am Kickboxing						11.30-4pm Casual												12.30-6pm Casual																																															
Multi Purpose Room	9-10am casual						10am-12.30pm Church Group																																																																	
Aspire Fitness Suite	9am-4pm Aspire Fitness Suite																																																																							

